



# Exchange 2009-2010

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## Special Points of Interest

- Indiana Youth Institute, pg. 2
- Fall Leadership Conference, pg. 3
- FCCLA State Leadership Conference, pg. 5
- Eat Dinner With Your Family, pg. 7
- Ronald McDonald House, pg. 8
- Project Linus, pg. 9
- Alzheimer's Memory Walk, pg. 10

## December and January Program of Work

**A**s you know each month Indiana FCCLA has chosen a national program to focus on. Here is your update for the upcoming months.

This month's POW is Community service. The FCCLA Community Service Program guides students to develop, plan, carry out, and evaluate projects that improve the quality of life in their communities. Community Service helps young people build skills for family, career, and community roles; provides youth-centered learning experiences related to Family and Consumer Sciences

education; and encourages young people to develop the positive character traits of trustworthiness, respect, responsibility, fairness,



caring, and citizenship.

January's POW is Financial Fitness. Financial Fitness is an FCCLA national peer education program that involves youth teaching one another how to make, save, and spend money wisely. Through FCCLA's Financial Fitness program,

youth are able to plan and carry out projects that help them and their peers learn to become wise financial managers and smart consumers.

If your chapter is active with these national programs be sure to send us in an article and your chapter will be recognized in the next issue of the exchange.

-Hanna Kane



# Indiana Youth Institute



Indiana Youth Institute offers ten \$5,000 grants a year to organizations helping youth. This year there were over 200 applicants and they narrowed it down to 20 to be interviewed. East Central FCCLA was one of the schools interviewed. Mrs. Brenda Osman (East Central FCCLA Chapter Adviser), Brittany Callahan (East Central Chapter President), Hannah Bush (District 12 FCCLA President), and Jenny Abplanalp (Indiana FCCLA President) were all asked a series of questions about FCCLA and how it has

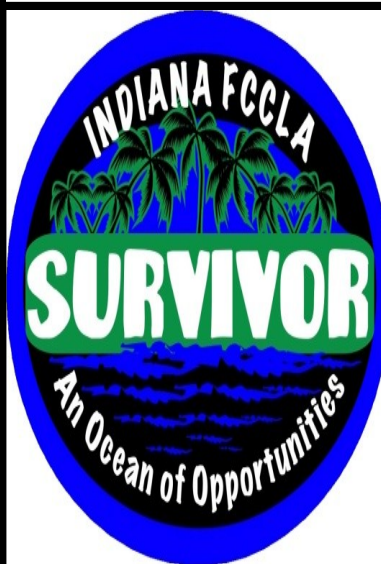
impacted their lives. On November 10<sup>th</sup> East Central FCCLA was awarded the Indiana Youth Investment award for 2009. The interviewees represented FCCLA at the Indiana Youth Institute Kids Count Conference. This award is a great honor and East Central FCCLA is proud to be the winner. For more information check out [www.iyi.org/community-connection/youth-investment-awards.aspx](http://www.iyi.org/community-connection/youth-investment-awards.aspx).

-Jenny Abplanalp

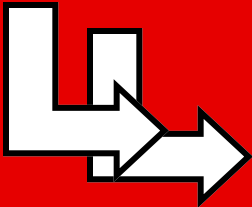




# Fall Leadership Conference



## Fundraising



When we think of fundraising usually the first things to come to mind are car washes and bake sales. With FCCLA you can go above and beyond the cardboard cutouts of fundraising. Raising funds for your chapter or a charity doesn't always have to be a chore.

How about a babysitting night or maybe even hosting a formal dance? In my school our FCCLA chapter holds our annual Winter Formal each January to raise money for our scholarship fund; our chapter members enjoy planning the event and students from our school look forward to the

dance each winter. To get students involved lip-sync contests and team tournaments are usually big successes. Recently a Euchre tournament was held at my school; each team of two was charged a \$5 entry fee. The event was a huge success and the students had a great time.

If getting students involved seems to be a problem then just stick to selling out of a catalog. With today's economy it can be hard to sell items, however it can still be done. Usually community members will buy small items if the money is going to a good cause.

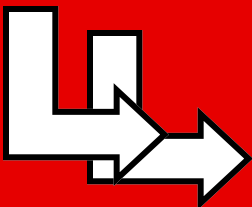
Make sure when you are fundraising that you make people aware of what you're raising money for. If you're trying to pay for state leadership conference make sure you tell people and explain to them what you will be doing while you are there. If they understand what the money is for they will be more willing to give you a hand.

Make sure to get your activities going, state is just around the corner!

-Hanna Kane



## Fall Leadership Conference



On October 30 Indiana FCCLA members jumped into the ocean once again to advantage of another opportunity Indiana FCCLA offered. This was our first year for the Indiana CTSO (Career and Technical Student Organization) Fall Leadership Conference. FCCLA combined forces with BPA, DECA, HOSA, and Skills USA to provide career investigation, leadership, and fun. In the morning FCCLA had their own session where over 300 FCCLA members learned more about achieving the ultimate leadership experience. The FCCLA sessions offered information on scholarships, increasing membership, how to stay connected to the state, community service,

national programs, 411 on Indiana FCCLA, awards, and the district challenge. We then had a packed afternoon with history about the Pacers and Conseco Fieldhouse, Career sessions including: culinary, game entertainment/promotions, broadcasting, advertising/creative services, event planning/facilities, technology/information systems, interactive marketing, merchandising/retail, athletic training, public relations/pacers foundation, finance, and ticket sales/service. There were also colleges that attended such as IUPUI, Johnson & Wales, and The Art Institute. The Pacers allowed us to make free-throws and take pictures on the court. That night we saw a concert by

Third Eye Blind and then attended the opening night game for the Pacers. The Indiana FCCLA State Officers represented Indiana FCCLA during half time on the Pacers court. Even though the Pacers didn't win that night, Fall Leadership Conference was a winner!

-Jenny Abplanalp





# Get ready...

## Indiana FCCLA State Leadership Conference 2010 is Coming Soon!

**A**re you ready to take advantage of another opportunity FCCLA has to offer? Indiana FCCLA State Leadership Conference will take place March 4-6, 2010. Show how you have used your FCCLA skills to survive this year by sending in pictures for slide shows that will be shown during State Leadership Conference.

Also, don't forget to complete forms to receive recognition for awards and the District Challenge. By participating in STAR Events and State Projects you can expand your horizons towards success. If you want to go above and beyond the call of duty, run for a state officer position. SLC will be jam packed full of fun

with Club FCCLA, awe-some dynamic speakers, a dance, awards, competition, and so much more. For more information check out the state website or e-mail a state officer. The State Executive Council can't wait to see you there! We are sure you will have a whale of a good time! =)

-Jenny Abplanalp



## Raking Leaves for the Elderly

**O**n Saturday November 14<sup>th</sup> East Central FCCLA and FFA combined forces to complete a community service project. The two organizations raked leaves for the elderly in our community and had a great time helping out. The following East Central

FCCLA and FFA members helped at this event: Jenny Abplanalp, Kasey Brock, Brittany Callahan, Renee Erhart, Stephanie Horner, Amanda Herth, Will Hoekzema, Mrs. Brenda Osman, Kate-lynn Osman, Justina Tucker, Jenna Beck, Christina Doll, Brandon Ertel, Brooke Fox, Laurie

Gaynor, Dan Hamond, Jordan Kelly, Logan Kelly, Natalie Wiedeman, and Mr. Roy Johnson. FCCLA and FFA are both career and technical student organizations. Their focus is on leadership and preparing students for their adult lives.



## National Cluster Meeting

Did you GRASP GREATNESS at one of the National Cluster meetings? Many Indiana FCCLA members attended the National Cluster Meeting in Louisville, Kentucky at the Galt House Hotel on November 20-22. There were also 2 other locations Washington D.C. and Salt Lake City, Utah. If you missed it, then you missed out of outstanding leadership training and meeting new people from across

the United States. The conference, while much smaller than Nationals, was similar in structure. It contained State officer National team trainings, USA training phase 3, youth workshops such as; FCCLA members bridging the gap for Foster Children and How to Start and Run a Small Business. East Central High School competed in the FACS knowledge bowl and was promoted to the National level. The meeting even

included a dance. Overall, cluster was a great time to build leadership skills and create new connections with new people.



Erika Humphrey

## Winter Time Community

It's Holiday time! This time of year is known for the good things that people do for others, which is why it is also known as "the Giving Season". While there are many things that your chapter can do for your community, here are some ideas of things that you may not have thought of.

Adopt a Family for the Holidays- Find a needy family in your

community and take their Holiday shopping list to Wal-Mart. Have one of the chapter members head up the project by organizing a group for each family member. Purchase food items as well as gifts.

Volunteer at a homeless shelter- Go to your local homeless shelter and volunteer to serve. This includes serving food and helping clean

up after.

Volunteer at the Elementary schools in your community- Throw a holiday party for the little kids in your community at one of the elementary schools after school.

-Erika Humphrey



## FCCLA Week

**D**o you know about FCCLA Week? FCCLA Week is one week of the year designated to celebrate all aspects of FCCLA. This year, FCCLA Week is February 7-13. Does your chapter plan special activities for FCCLA Week? If not, then your chapter definitely should! There are many fun activities that your chapter can plan for FCCLA Week. February may not seem like it is soon now, but planning out your activities early will save a lot of time later. There are so many possibilities for games, challenges, community service projects, and other activities for FCCLA Week.

FCCLA Week is all about helping others and promoting and celebrating FCCLA, while having fun in the process. There is a wide variety of activities you and your chapter could plan for FCCLA Week. For example, your chapter could plan a community service project for FCCLA Week, such as having a fund raiser for a local charity, or making decorations for a local nursing

home, helping serve food in a soup kitchen, or shoveling sidewalks for people. Also, your chapter could plan a bake sale or other fund raiser to earn money for the National Outreach Program, Dig It!. In addition,



Kelsey Kramer

your chapter could plan social events, like games during lunch hour, breakfast before school, or a party after school for the members to enjoy. If you are allowed, you can write announcements with FCCLA facts for each day during FCCLA Week. Another good idea for FCCLA Week is to

begin or complete some National Programs. This can earn your school recognition at State Leadership Conference and help your district earn points towards the District Challenge. There are so many ways you and your chapter can celebrate FCCLA Week.

What really makes FCCLA Week 2010 special is that we will celebrate sixty-five years of leadership with FCCLA! Start planning early to have a successful, fun, and meaningful FCCLA Week this year. Remember that FCCLA Week this year is the week of February 7-13. FCCLA is the Ultimate Leadership Experience, so put your leadership skills to work during the coming FCCLA Week to make it the best ever!

-Kelsey Kramer

Be part! of it. Be part! of it. Be part! of it. Be part! of it. Be part! of it.

## EAT DINNER WITH YOUR FAMILY

**S**tatistics show teens that frequently eat dinner with their family are less likely to use marijuana, tobacco, & drink alcohol. Eat dinner with your family night is a national event set up by CASA. Since family is the core focus of FCCLA, Jenny Abplanalp (ECHS FCCLA member and State President), decided to take a hold of this project. On September 28 East

Central FCCLA held their second annual Eat Dinner with Your Family Night. FCCLA members and their families attended this event with a total of 150 people. The families were told about the importance of eating dinner together. They were able to interact through games and activities while learning a lot more about

one another. The parents were also informed of FCCLA and all it has to offer. It was a great night full of family, food, and fun!







## State STAR Events

**H**ave you participated in a STAR Event before? STAR stands for Students Taking Action With Recognition. That is exactly what a STAR Event involves. You, following set guidelines, complete a project or activity, present your work to a group of evaluators, and are recognized for your outstanding effort. Most Indiana FCCLA members know a good deal about National STAR Events, but not many know about the State STAR Events.

State STAR Events are, in reality, almost exactly like National STAR Events, however you cannot move on to National competition by participating in a State STAR Event. There are five State STAR Events, with one having two separate categories. They are as follows: Creed Presentation, Early Childhood Food Preparation, Early Childhood Learning Pac, Early Childhood Lesson Planning, and FACS Learning Pac,

with themes of Nutrition and Wellness and Financial Literacy.

Creed Presentation is an individual event which involves reciting the FCCLA Creed and giving an oral presentation describing how the activities completed in FCCLA over the past year have helped the participant to achieve one or more the FCCLA Purposes. Early Childhood Food Preparation is also an individual event. In this State STAR Event, competitors give an oral presentation about using their leadership skills to guide children through a productive activity involving the preparation of a nutritious snack. The Early Childhood Learning Pac involves an individual or a team demonstrating their Child Development knowledge and skills by planning and creating an activity file related to a theme of their preference. The State STAR Event Early Childhood Lesson Planning is an individual contest where participants prepare a lesson plan and actually teach one activity from that lesson plan to a

group of children in an early childhood setting, and then give an oral presentation about their lesson plan and their teaching experience with it. FACS Learning Pac is an individual or team event where the competitors demonstrate their Family and Consumer Sciences knowledge and skills by planning a creating a resource container related to an annually designated theme. There is a lot of variety present in the State STAR Events.

Participating in the State STAR Events is fun and rewarding. All of the State STAR Events are very practical and can greatly help to improve one's knowledge of FCCLA and Family and Consumer Science. By participating in a State STAR Event, you are able to earn your district points for the District Challenge. As with any STAR Event, State STAR Events do involve some hard work, but they are certainly well worth the effort put forth. Now that you know about Indiana's State STAR Events, you can definitely contemplate the excellent benefits of competing in one yourself!

-Kelsey Kramer

## Ronald McDonald House

**O**n November 5, 2009 East Central High School FCCLA, Family Career and Community Leaders of America, served dinner at the Ronald McDonald House in Cincinnati, OH. 14 students with their advisor, Mrs. Brenda Osman, worked together to prepare a home style meal for the resident's of the house.

Students from East Central

also donated over 88,000 pop tabs to the Ronald McDonald House. "It was a life changing experience; it showed me just how fortunate I am to be healthy and just how fragile life is. I definitely plan on volunteering at the Ronald McDonald House again," said senior, Jaclyn Carpenter.

The Ronald McDonald House in Cincinnati provides a place for families

to stay while their child is receiving vital medical treatment at Cincinnati Children's Hospital.





## “Spread the Love of Linus with FCCLA”

Members of the East Central High School and Sunman Dearborn Middle School FCCLA (Family, Career, and Community Leaders of America) chapters made and donated 225 blankets to the Linus Project on November 10, 2009. The Linus project is a national organization that creates and donates blankets to children in need. Each Project Linus blanket is new and handmade, given as a gift to a child struggling with serious illness, trauma, or homelessness. A Project Linus volunteer was so excited that FCCLA was able to help with such an important cause.

Along with making these blankets East Central FCCLA was awarded a \$5,000 check from Indiana Youth Institute to use towards our many community service projects. East Central FCCLA was up

against 200 other organizations around the state of Indiana. It was narrowed down to 20 that had to go through the last stage which was the interview process. In the end, East Central FCCLA was picked along with nine other organizations to receive this honor. They presented this check at Linus Project where local representatives, Mr. Chriswell, and Dr. Hendrix were also in attendance helping us make blankets and watching us receive this honor.

Family, Career and Community Leaders of America is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work, and societal issues through Family and Consumer Sciences education.

The organization has more than 225,000 members from 50 state associations and the District of Columbia, Puerto Rico, and the Virgin Islands. Since its founding in 1945, Family, Career and Community Leaders of America has involved more than ten million youth.

Family, Career and Community Leaders of America is unique among youth organizations because its programs are planned and run by members. It is the only national in-school organization with the family as its central focus. Participation in national programs and chapter activities helps members become strong leaders in their families, careers, and communities.

## Bake Sale Donation

Southmont Junior High's FCCLA chapter donated fresh baked goods to a local bake sale for St. Jude's Children's Hospital. FCCLA used the money we earned from working concession stands to purchase the ingredients. Then, it was time to bake! We spent an evening after school preparing nine batches of cookies, three batches of fudge brownies, and two batches of Rice Krispie treats in our foods lab. After

baking and cooling, we cut them, packaged them in To-Go containers, and completed the look with a colorful ribbon and a "Thank you for your donation," sticker. Southmont's junior high FACS classes also helped to prepare the baked goods. One hundred percent of the profits from the bake sale went to the children and families at St. Jude.



# ALZHEIMER'S MEMORY WALK



Every 71 seconds someone is diagnosed with Alzheimer's disease. It is the sixth leading cause of death in the United States. East Central FCCLA held a Memory Walk to help raise money for the Alzheimer's Association. Members within FCCLA including event chairs Alex Schiach and Jenny Abplanalp saw the need to find a cure for Alzheimer's. This project was taken to heart by some of the member's due to their families being affected by



this disease. FCCLA took action and had the walk on October 18 at the Bright Lions Park. It was a beautiful day and FCCLA would like to thank everyone

who attended and donated. They raised \$337.00 and will be holding a scrapbook night in January to raise more money for this much needed cause.





